

## PRESS RELEASE

# WELLNESS AT THE DORCHESTER



## THE DORCHESTER WELLNESS OFFERING WITH RELAXATIONS BEDS, WELLNESS MENUS AND AN EXPANDED TREATMENT MENU FROM DR ULIANA GOUT

**London, June 17, 2024** – The Dorchester has revealed a new portfolio of treatments and cutting-edge additions to the hotel for 2024, positioning health and wellbeing at the heart of the guest experience. Located in a subterranean oasis underneath The Dorchester, MLX quartz beds and Welnamis relaxation beds have recently been added to the spa. One of the ultimate pampering destinations in London, the spa has also expanded its offering of treatments from brands ishga, Valmont and Carol Joy London, in addition to the already established partnership with Dr Uliana Gout of London Aesthetic Medicine.

### MLX QUARTZ BEDS

MLX Quartz Beds, influenced by ‘Psammo Therapy’ (Sand Bathing), provide a cocooning effect alongside gravity inversion - a technique that facilitates a more efficient stretching of the spine. Benefits of the beds include anti-inflammatory action, relief from chronic pain, and deep relaxation.

The treatments are based on sound healing techniques, centred on the therapeutic benefits of singing bowls, which guests can enjoy alongside a poulitice massage, offering a modern detox for the ultimate 21<sup>st</sup> century. Inspired by ancient healing traditions from Egypt, Morocco, and Japan, these treatment beds support pain relief states and promote immune systems function, leaving you feeling refreshed, rejuvenated, and peaceful.

## WELNAMIS RELAXATION LOUNGERS

Welnamis is a Binaural Vibro-acoustic treatment experience that is applied to the mind and body simultaneously, making it a powerful and effective tool to help guests relax and experience deep meditation.

The treatment takes place with guests lying down on the Welnamis Lounger, specifically designed to deliver vibrations through the body. At the same time, they listen to a multi-layered binaural acoustic audio programme, through headphones.

Similar to meditation, the Welnamis experience encourages anti-inflammatory responses, helps to reduce stress-related symptoms, and regulate sleep patterns – all of which are essential in aiding with mental wellbeing. It also supports the immune system function, helping to reduce signs of chronic pain, tension, and fatigue.

In total, there are four advanced Welnamis programmes:

- **Stress Relief:** Recommended for first-time users and designed to foster a deeply relaxed yet present state of mind.
- **Mindfulness:** Produces a dreamlike meditative state that is normally experienced in very deep meditation; claimed to activate creativity, insight, dreams, and light sleep.
- **PowerNap:** Creates a deep regenerative state associated with deep sleep, which is the most restorative part of the sleep cycle. PowerNap helps to rewire the brain to reach delta levels of sleep, allowing the body to regenerate.
- **Awareness:** Provides conditions for increased perception, awareness, focus, and memory recall.

Situated in the tranquil Relaxation Room, this experience may be enjoyed on its own or before or after a treatment.

## ISHGA

Following its successful launch at The Spa at Coworth Park, ishga's exceptional treatments, which harness the power of Scotland's pure seaweed, have been introduced at The Dorchester Spa and The Spa at 45 Park Lane.

Ishga's philosophy of merging the healing properties of natural seaweed with modern skincare techniques perfectly aligns with the ethos of Dorchester Collection's wellness strategy. As a brand dedicated to organic,

sustainable skincare, ishga offers a range of treatments and products that are rich in antioxidants to help protect skin from environmental damage.

Signature treatments include:

- **ishga poultice massage:** In a rejuvenating session focused on rebalancing, a gentle massage is performed using poultices filled with heated sea salt and seaweed granules. This specialised technique aims to relax muscles, release tension, and nourish the skin with a rich blend of vitamins and minerals. The poultices, elevated to their maximum detoxing potential through heating, are skilfully stroked and kneaded in a rhythmic manner across the body. The therapist incorporates manual massage techniques to induce a profound state of relaxation, providing a comprehensive and therapeutic experience. *From £220 for 60mn.*
- **ishga detox body wrap:** Guests can embark on a detoxifying journey for their body, harnessing the potent bioactive compounds of Hebridean seaweed. This specialised treatment seamlessly blends an antioxidant-rich seaweed gel with a Hebridean sea salt scrub, aiming to stimulate collagen production. The experience includes a soothing scalp massage, promoting profound relaxation. Operating on both a visible and invisible level, the treatment works to enhance skin tone and texture while simultaneously eliminating toxins and congestion from the body. *From £190 for 60mn.*

## CAROL JOY LONDON

Carol Joy embraces an array of science-led and results-driven skincare products, meticulously curated to harness the benefits of favoured ingredients like Golden Millet Oil and Pure Collagen. Additionally, its formulations incorporate rare materials, including diamond dust and potent botanical actives making it the perfect addition to the hotel's offering.

Beyond skincare, Carol Joy encourages guests to seamlessly transition from spa to salon. The haircare team at The Dorchester boasts a team of highly creative cutting professionals, alongside world-renowned colourists, ensuring an unparalleled level of expertise. Guests can elevate their haircare experience with a luxurious Carol Joy haircare product, completing the holistic approach to beauty and wellness at The Dorchester.

Signature treatments include:

- **Carol Joy London Diamond Facial:** This facial harnesses the rejuvenating properties of diamonds to enhance skin elasticity and firmness. The process involves diamond microdermabrasion for skin polishing and pigmentation targeting, along with diamond dust activation to stimulate microcirculation. The treatment concludes with a pure collagen and vitamin C mask, promoting a brighter complexion and reducing fine lines. *From £300 for 90mn.*
- **Carol Joy London Oxygen Facial:** This circulation-boosting facial rejuvenates and refreshes the skin with a burst of pure oxygen. The treatment effectively delivers nutrients and antioxidants deep into the skin,

promoting cell renewal to repair environmental damage. The experience ends with the use of an icy cryo globe, reducing inflammation and tightening pores for an energised and healthy-looking complexion. *From £250 for 60mn.*

## VALMONT

Valmont stands out as a symbol of excellence in skincare, with a focus on innovative formulations and cutting-edge techniques. The brand's emphasis is on merging advanced skincare techniques with healing properties of natural ingredients. Guests can elevate their skincare experience with Valmont's signature treatments, designed to restore and nourish the skin, ensuring a radiant and revitalised complexion.

Signature treatments include:

- **Valmont Elixir des Glaciers:** Guests are treated to a nourishing, sculpting, and remodelling experience, delivering visible results. The indulgent treatment features two cleansing sessions, three massages, and four masks strategically applied to the face, décolleté, and hands. This meticulously crafted session guarantees deep replenishment, catering to the specific needs of even the most demanding skin. *From £450 for 90mn.*
- **Valmont Lift from the Peaks:** In a soothing session designed to smooth the skin and alleviate stress in areas prone to wrinkles, guests will experience a unique treatment inspired by fasciatherapy. Utilising Lift Boost, an exclusive product reserved for beauty professionals, this slow and deep massage is dedicated to combating wrinkles by relaxing and toning muscles. The result is a powerful and visibly smoothing effect that simultaneously relieves stress. *From £270 for 60mn.*

## LONDON AESTHETIC MEDICINE

Dr Gout is a world-renowned pioneer and thought leader in evidence-based aesthetic medicine who introduced her cosmetic expertise to The Dorchester Spa through an exclusive residency. Dr Gout curated a LAM Luxe menu of cosmetic treatments, a first for The Dorchester, embodying the philosophy of “revealing your unique and natural beauty whilst making you look and feel your best.”

Known for her uncompromising dedication to innovation, safety and aesthetic excellence, Dr Gout’s famous LAM Hyper-Personalised Consultation thoroughly explores a multitude of key factors through her unique signature approach including medical history, family history, genetic predisposition, occupation, and lifestyle habits, leading to a completely bespoke programme for her clients.

Signature treatments include:

- **The Signature Luxe:** Includes a LAM Luxe signature facial, which infuses the skin with a unique blend of pure hydrating molecules and gentle humectants, progressively revealing enhanced skin radiance and

smoothness. This is combined with antibacterial blue LED light therapy and a glow-boosting mask to leave the complexion soft and smooth as silk. *From £750 for a single treatment.*

- **The Luxe Celebrity:** This facial infuses the skin with a unique blend of hydrating molecules to help optimise smoothness and pore refinement. M-mode radio frequency is used to tighten and enhance facial contours, followed by Dr. Gout's signature LAM exosome infusion technique to promote hydration and plump the skin. The treatment ends with anti-inflammatory red LED light therapy and a hydrating mask for extra sparkle and glow. *From £1,300 for a single treatment.*
- **The Luxe Absolute Define:** A powerfully targeted treatment to help enhance contours and smooth irregularities. Offering face and neck rejuvenation with a bespoke pattern of micro anti-wrinkle injections to help smooth lines, sculpt facial contours, and tighten the jawline. The addition of M-mode radio frequency with heat helps to stimulate collagen production that improves over time. The treatment ends with LAM Luxe multi-LED light therapy to optimise skin regeneration. *From £2,500 for a single treatment.*

Dr. Gout has also created two treatments exclusively for her clients at The Dorchester Spa:

- **The Luxe Ultimate Royal:** A combination of anti-wrinkle injections and Dr. Gout's signature skin training contour conditioning treatment helps to sculpt the face. A bespoke cocktail of hyaluronic acid, peptides, amino acids, vitamins, and minerals is delivered to the deeper skin layers to help smooth away fine lines and wrinkles and diminish signs of tiredness and ageing. *From £3,995 for a single treatment.*
- **The Mayfair Glow:** A full face treatment, helping to refine pores, promote radiance, and boost collagen for long-lasting results. This is combined with precisely targeted anti-wrinkle injections to help smooth lines from the forehead. The signature LAM Luxe facial perfects the glow with radiance-enhancing lipophilic molecules. *From £2,995 for a single treatment.*

On the partnership, Dr Gout says "I have personally curated a signature LAM Luxe treatment menu for The Dorchester pioneering Aesthetic Rejuvenation innovation, science, safety and mixing powerful combination treatments. Our philosophy of delivering innovation-led multi-modal treatments is perfectly paired with The Dorchester's impeccable heritage as leaders delivering unrivalled experiences. Our cosmetic treatment menu has expanded significantly for 2024 due to our client demands and we are now thrilled to offer state of the art body treatments alongside our signature facial rejuvenation treatments."

## WELLNESS MENU

This year saw the introduction of a new wellness menu, offering guests a variety of nutritious and balanced options designed to promote health and wellbeing. Teresa O'Farrell, global head of wellness and spa for Dorchester Collection, has worked with on-property chefs to create an in-room dining wellness menu for

guests to enjoy across the collection. The menu, consists of five sub-menus crafted to focus on different areas of health and wellbeing; rise and shine, nourish and thrive, immunity, feed your mind and relax and unwind.

Menu highlights include;

- **Seared salmon** – Japanese miso broth, quinoa, kimchee
- **Wind down salad** – London lettuce, dour cherries, goji berries and avocado, with an almond butter, cider vinegar and lemon vinaigrette
- **Rice paper rainbow vegetable wrap** – Sauerkraut, avocado, seeds, cashews, soya beans
- **Berry bowl** – Strawberries and blueberries with dark chocolate, oat, pumpkin seed and buckwheat granola

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## NOTES TO THE EDITORS

For further information, please visit our [PHOTO LIBRARY](#) and [MEDIA CENTRE](#) or contact:

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## THE DORCHESTER

Standing tall in Mayfair, The Dorchester is a magnificent London landmark and a destination in itself. Here – within London’s vibrant spirit – the worldly and the curious feel at home.

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## DORCHESTER COLLECTION

Dorchester Collection is a portfolio of the world’s foremost luxury hotels and residences. The unique properties are all legendary, with rich heritages and worldwide reputations as places offering the most sought-after experiences of good living, charm, elegance, and unparalleled standards of service.

The current portfolio includes the following hotels:

**THE DORCHESTER LONDON, 45 PARK LANE LONDON, COWORTH PARK ASCOT  
LE MEURICE PARIS, HÔTEL PLAZA ATHÉNÉE PARIS, HOTEL PRINCIPE DI SAVOIA MILAN, HOTEL EDEN ROME  
THE LANA DUBAI, THE BEVERLY HILLS HOTEL BEVERLY HILLS, HOTEL BEL-AIR LOS ANGELES,  
TOKYO (opening 2028)**

Luxury residences include:

LONDON

In partnership with Clivedale: **MAYFAIR PARK RESIDENCES**

DUBAI

In partnership with OMNIYAT: **ONE AT PALM JUMEIRAH, THE LANA RESIDENCES,  
AVA AT PALM JUMEIRAH, ORLA, ORLA INFINITY, VELA, VELA VIENTO**

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